

Medical recommendations for travel

Overseas Anzac Day Commemorations — DVA Volunteer Program

This briefing outlines the **minimum medical, vaccination and health requirements** for volunteers travelling France, Türkiye, Thailand, Malaysia, Papua New Guinea and Singapore as part of DVA-funded commemorative activities.

1. Core Medical Requirements (All Countries)

Mandatory

- **GP Medical Clearance** which confirms medical status addressing the following:
 - Walk up to **15km in one day**
 - Walk on **uneven terrain**, steep inclines, and in **low light**
 - Stand for **extended periods (up to 12 hours)**
 - Work outdoors in variable weather (oppressive **heat, cold, rain, wind**)
 - Must not have had surgery within 6 months of travel, minor surgical procedures may be considered.
 - Must be assessed as **‘stable’** in relation to any on-going rehabilitation health care plan prior to departure
 - Notify DVA of any **health, accessibility or mobility needs**.
- Clearance must confirm safe participation **with or without reasonable adjustments**.

Strongly recommended that you:

- Carry **sufficient personal medication** for the entire trip (plus 2–3 days extra).
- Bring copies of essential prescriptions and associated medical certificates.

Documentation required

- Valid **Australian passport (for at least six months following return date)**
- Any required **visa** (DVA reimburses visa costs) (travel teams are advised of requirements)
- Emergency contact details
- Completed medical and referee forms

2. Core Vaccinations (All Countries)

Volunteers should be up to date with routine Australian immunisations:

- **Tetanus**
- **Measles–Mumps–Rubella (MMR)**
- **Influenza** (strongly recommended)
- **COVID-19** (recommended)

3. Country-Specific Vaccination Guidance

TR Türkiye (Gallipoli)

- Hepatitis A — **recommended**
- Hepatitis B — recommended
- Typhoid — recommended for rural travel
- Tap water is **not safe to drink** (bottled water is readily available)

FR France (Villers-Bretonneux, Fromelles, Bullecourt)

- Routine vaccinations only
- Influenza — **strongly recommended**
- Tap water is **safe to drink**

TH Thailand (Hellfire Pass, Kanchanaburi)

- Hepatitis A — **recommended**
- Hepatitis B — recommended
- Typhoid — recommended
- Japanese Encephalitis — recommended for rural/outdoor exposure
- Tap water is **not safe to drink** (bottled water is readily available)

MY Malaysia (Sandakan, Labuan, Taiping)

- Hepatitis A — **recommended**
- Hepatitis B — recommended
- Typhoid — recommended
- Japanese Encephalitis — recommended for rural/outdoor exposure
- Tap water is **not safe to drink** (bottled water is readily available)

PG Papua New Guinea (Isurava, Bomana, Kokoda)

- Hepatitis A — **recommended**
- Hepatitis B — recommended
- Typhoid — recommended
- **Malaria prophylaxis — strongly recommended**
- Japanese Encephalitis — recommended
- Rabies — optional
- Tap water is **not safe to drink** (bottled water is readily available)

sg Singapore

- Hepatitis A — optional but recommended
- Typhoid — optional
- Tap water is **safe to drink**

4. In-Country Health & Safety Considerations (All Locations)

- **Hydration:** carry water at all times
- **Sun protection:** hat, sunscreen, long sleeves
- **Footwear:** sturdy, respectful, suitable for uneven terrain
- **Weather:** prepare for heat (Asia/Pacific) and cold/wind (Türkiye, France)
- **Mosquito protection:** repellent required for Thailand, Malaysia, PNG
- **Physical readiness:** long days, early starts, extended standing
- **Emotional readiness:** sites, service and community engagement may be confronting or deeply moving
- **Respectful conduct:** ceremonies are solemn and reflective

5. Contact & Support

Volunteers should promptly inform DVA if:

- health or mobility changes
- accessibility needs arise
- medication requirements change
- any issue arises that may affect safe participation

DVA will provide **travel insurance, medical support guidance, and on-site assistance** throughout the commemorative program.

DVA provided travel insurance is for medical requirements only, individuals may wish to secure their own travel insurance for personal assurance.